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THIS CAN BE YUU

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March - April 1949 VOL. 1. Nº 1

G. M. Sundby

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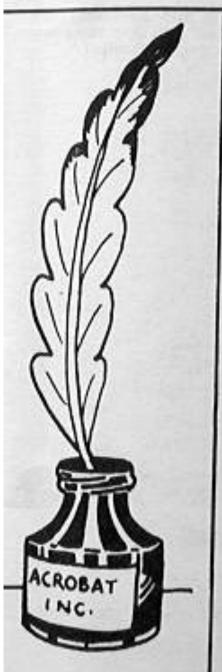


COVER .
WAYNE-MARLIN TRIO
photo by
TIERNEY &
KILLINGSWORTH
MIAMI FLORIDA

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"ACKOBAT" - IT'S AIMS AND PURPOSE. WE AIM TO PROMOTE HEALTHY MINDS AND BODIES THROUGH ACROBATICS. WE AIM TO POPULARIZE ACROBATICS IN ALL FORMS, PROFESSIOMALLY BY REVIEWING THEATER CLUB, AND CIRCUS ACTS. AMATUER BY WAY OF Y.M.C.A .- A.A.U. HIGH SCHOOL, AND COLLEGE GYMNASTIC TRAMS, TO STRIVE FOR A HIGHER SCORING OLYMPIC GYM-NASTIC TEAM, TO PROMOTE EQUIPMENT FOR BETTER PARKS, GYMS, AND BRACHES IN THE NATION WIDE FIGHT AGAINST JUVENILE DELINQUENCY.

Molundby



YOU'LL EITHER HAVE TO REMEMBER YOUR COMBINATIONS , OR , QUIT BEING A CONTORTIONIST "

HEAR HE CAN'T BALANCE HIS BUDGET YET.







"MUST YOU ALWAYS SHOW OFF."

PROACRO.



PAUL & PAULETTE TRIO
TRAMPOLIN STARS
TOOK NEW YORK BY STORM

LATIN QUAIRTER







1947 PANAMA MEXICO

1946 CANADA

5.0.1945

In 1945, they added Dolores Marlin (Glenn's sister), forming the wayne-Marlin Trio, which they thought would have even greater theatrical possibilities.

As a trio - they returned to the USO, for a tour of the camps with May Kenny's Hawniian Orchestra.

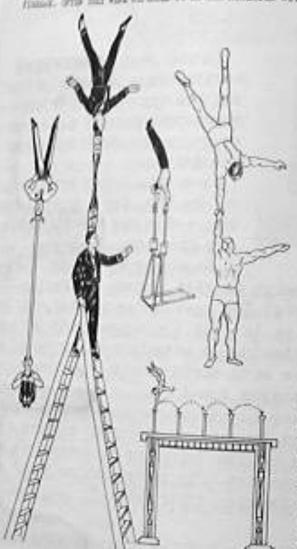
Expanding to Canada and Brooklyn in 1946, Panama and Mexico City in 1947, The west Indies in 1948, and Television in 1949, the Wayne-Marlin Trio are continuing to entertain audiences of all races with their sensational adagio and balancing routires.

Many hours between engagements are spent in the gym trying to improve even more on the tricks or to create new routines, because not only is acrobatics their vocation. "It is also their Hobby."

GYM-GEFASSOC. ED. STRENGTH, HEALTH

Delivers and a page and the first control of a section of the sect

THE SET HAND SING DELIVAR PRINC MANDERS PER-FAME OF THE COMMENT. THER PARK CONTINUES AND WILL FAME OF THE CONTINUES THE BALL TO THE MAN HOUSE AND THE AND TO RAND AT ATTAINED OF SATER HOUSE AN THE ATTEMPT OF ANY OTHER OF SATER FAME AND THE ATTEMPT OF A THE ATTAINED WITH BALL AND STEERING. ALL THEM FOATS AND PROFOMED WITH THESE STEERING, ALL THEM FOATS AND PROFOMED WITH THESE STEERING AND THE ATTAINED BY AN THE ATTRIBUTE SITE



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HE PERFORMED MOSE THAN OR FEAT THAT AND HELD REPORTED.
IN HIS LAST ACT HE FLATURED A STORT IN ALICH RE PERFORMED.
CONSTRAIN JUMPS. THESE AFRE ACCOMPLISHED ON A PROBERL
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A GOVE-HAND STAND ON ONE OF THE END PERCHES AND HE MADE
OF A BEDDEN LESS RICKING BOVELENT WOULD BUT MADE
OF A BEDDEN LESS RICKING BOVELENT WOULD NOT HERE ONE HAND
LEAFS FROM PERCH TO PERCH UNTIL HE REAGOND THE LAST ONE
AT THE OTHER END OF THE PURISHELL. FOR FRAME THIS MADINE
NAME BALANCER PERFORMED IN VARIETY THRATHES AND CITOTOMS.
HE RETIRED VROM SHOW BUSINESS APPROXIMATERY FIFTER THAN
AGO.

MEDITIONING LEGN RALETCH CALLS TO WIND HIS ON-THE FARTHER, "CHEDTY" STACGATO, YEAR AFTER YEAR "CHEDTY" RANGES OF THE MOST PROMINENT CLOSED WITH THE RISGLING BRUG., RARMEN A RAILER CONTROL COMPARATIVELY FOR AFE ACCURATED WITH HIS HARLER CARRIER AS A MADD RALAWER. IN THAT CAPACITY HE RATED AS ONE OF THE REST, SEPRCHAMAY IS ONE OF HIS FAVORITE STANTS. HE WAS ARRE TO DO AS MANY AS ONE OF HIS FAVORITE STANTS. HE WAS ARRE TO DO AS MANY AS ONE OF HIS FAVORITE STANTS. HE WAS ARRE TO DO AS MANY AS SELDON BEEN APPROACHED. SOME YEARS A SO, I ENCURANCE SELDON BEEN APPROACHED. SOME YEARS A SO, I ENCURANCE CHESTY" TO DO A CHE-HAND STANT MALRICE SO I CAUGH THE CHESTY" TO DO A CHE-HAND STANT MALRICE SO I CAUGH THE STANTS OF THE ROPE.

RENALD

CAPITOL THEATER

When Renald and Rudy opened at the Capitol Theatre last October it was more than just an acrobatic act going in for a two-week run with Gene Krupa's orchestra. It was an occasion, a breaking of tradition.

They were the first stripped balancing act in over 10 years to play in a Broadway Theatre that features a name band stage show.

Renald and Rudy are considered by the experts as the top two-man stripped belancing act in America today. Their flewless routine of muscles in motion combines phenominal strength tricks with extremely graceful posing.

Their appearance at the Capitol was made even more spectacular by the fact that there is very little room to work in front of the orchestra, necessitating them to work on the forward edge of the stage, about 10 feet directly above the front row of seats

Before playing at the Capitol - Renald and Rudy toured the country with the Buster Crabb Water Show, and before that were featured for a year at Billy Rose's Diamond Horse-Shoe in N. Y.





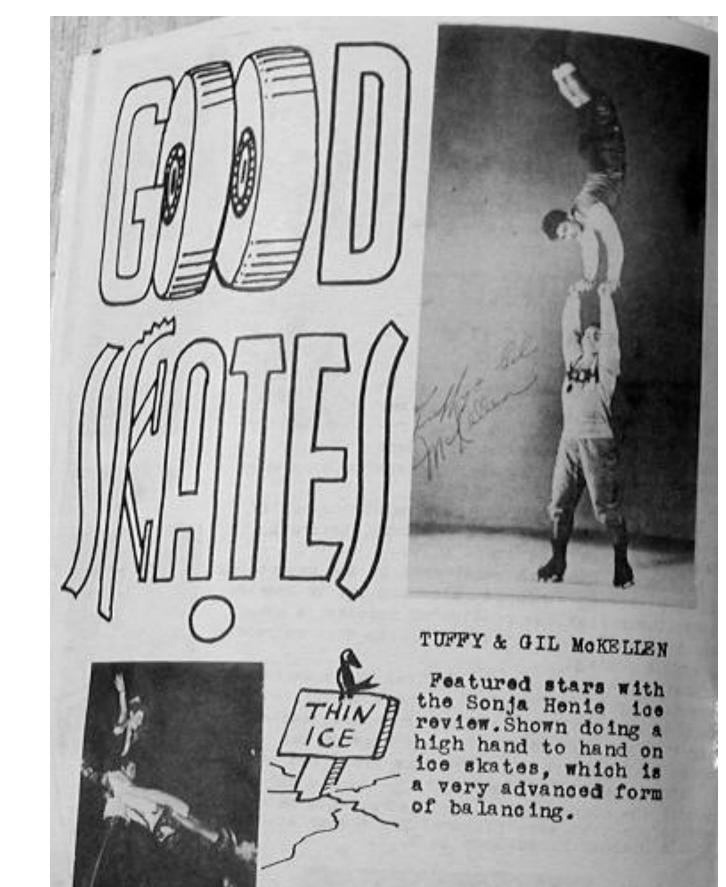












BILLY CARTER of the SKATING CARTER'S Doing a "double lift" with his mother on his shoulders and his sister in the air. Billy has been doing this trick since he was thirteen years old.



MAURICE EI MANDELL



Many times you may have heard the remark "why can't I do a one-hand stand like that fellow?" You can with time and effort. However, "one-hands," like everything else in life, differ with each individual. For who is there that can truly say his is the right and only way, when so much depends on weight, size, build and whether attempting a head, hand, pedestel or a floor balance.

This page will be devoted to photos of "one-hands" of all types and styles.

STARNS F

REED & MACK

"ONE PICTURE IS NORTH A THOUSAND WORDS"

MARLOW & KING

TOP MOUNTER EXTRAORDINARY.

Charles Shaffer

Acrobats of all types have come and have gone; some forgotten, some mever to be forgotten. In the latter category falls our subject, Mr. Charles Shaffer, "The Little Man, " whose phenominal strength enabled him to master and perform stunts superior to others. The "Vest Pockat Herculas, " so-called by many, could military press 180 po unds at a body weight of 116! The Topmounter performed endless cannonball routines, sometimes having only finger tips for support. This is Charlie Shaffer, surely one of America's greats.

Mr. Shaffer is a little man of five-feet, two-inches, with a very deceiving appearance. A glance at the measuring tape would encourage another look at the inspiring body he possesses. The endurance and power of this versatile Athlete could well be seen on the stage and in the gymna sium. Charlie was always superior at strength feats and acquired his own favorites. Whether it was finger chinning, continuous hand-stand dips, or hoisting weights of tremendous suns, his efforts were always outstanding. Competitors would crowd the gymnasium to see the man they heard so much about.

On occasions such as these, "Shaff" would casually walk to the middle of the gymnasium floor, chacing his hand down gently kick into a one-hand stand, softly lower his tody to the floor, touch his feet, and still maintaining a balance on one-hand, push slowly upward and regain his one-hand position. His competition would courteously bow out. New believed his participation in various fields of athletics was the source of his unbelievable strength.

As the balancing years of Charlie went by, he found himself working with many of the times' top-notch understanders. Frank Clayton and Roy Rodella were only a few that shared Shaffer's success. His long and exciting routine with Sherwood Espin still is remembered by many. No natter which of the numerous men Charlie was on, you can be sure the audience was well entertained. His ever-present "bored with it all" expression and unforgetable laugh throughout his routines marked his

TOP MAN'
CHARLIE SHAFFER
AS HE LOOKS TODAY BALANCING
WITH A GROUP
OF FELLOWS FROM
THE PITTSBURGH



VEST POCKET HERCULES ...

personality. For amusement, "Shaff" would often reverse position and handle his heavy understanders.

Perhaps Shaffer's days in Hollywood were his most enjoyable . Alone with understander Joe Bonomo, stunting for most of the leading movie studios became his work. Replacing cowboys, indians, and such he soon astablished a name for himself. Because of his size, Charlie was a natural for replacing women. During his stay in Los Angeles, he became familiar with the athletes of Santa Monica Beach. His impressive workoutswere always accompanied with outstanding acrobats of California. It was then he met the wery popular Bort Goodrich, the other half of the sensational team of Shaffer and Goodrich. These two men who had stunted together traveled coast to coast presenting their fumed and unusually unique routine. Their performances were very much enjoyed by men of their profession. "Shaff's" cleasing desire to help others led to many everlasting friendships.

Finally, in 1939 Shaffer decided to leave the road and return to his home in Pittsburgh, Pa., where he has remained ever since. Stillbal-ancing his act today, it is topen-tertainment in the Pittsburgh area. A great deal of his time is spent at the downtown YMCA, where his knowledge of acrobatics is passed on. The instructions given by his present-day understander, Frank Roberto, and Shaffer himself, can well be seen in the YMCA's fortunate group of boys. No doubt, future greats will be the results



CHARLIE & BERT SHAFFER & GOODRICH

of this excellent training. To see the extraordinary condition of Charlie today, one could hardly believe this phenominal man has fifty years.

To this writer's knowledge, Mr. Charles Sheffer comes very close to being the finest top-mounter America has ever produced. Certainly bound for pound the strongest, Shaffer's achievements in the acrobatic field will always be remembered.

JOHNNY ROBBINS SANTA MONICA BEACH CALIF.

BEACH



ROY SE BOB DE IVAN KE BRON





THE FAMOUS

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U.C.L.A.



MAN RU!

Ind PARK CERS



Y STOKOLER B DOMOFF NKUSNITZ ONX PARK N. Y.





WAYNE & WHITEY



ANDELL RUSS AUNDERS EORGE JAYNE

ROSE ADELETTA
MARTY WEISE
ORCHARD BEACH

JOY RUSS SANTA MONICA BEACH . CALIF.



MEWBURGH



PASTIME TRIO

OF THE PASTIME A.C.

TOP-AL IANNONE 140 lbs.

MIPPLE-GEO. WILLIS 150 "

BOTTOM-JOE SEARS 175 "

Photos - By



A. DELLA PEPA - NEWBURGH N.Y.

M. T.

Here in Newburgh we have many balance enthusiasts both male and female. Among the feminine we have Miss Rooney Johnson a college student who had prior to last summer never done any balancing. Little Barbara Ann also seems to have what it takes, a natural sense of balance without any apparent fear of height. strict control has been kept over her. We never allow her to preform unless t's at her request, always starting from the lowest heights and building up. No persussion is used when she doesn't feel like "doing tricks" as she calls it.

Ed Kirwin, George Willis and yours truly, have been balancing for the last ten years, with a few of them out by request of Uncle Sam. Strictly amateur, no efforts have been made to capitalize on their hobby, as they would as soon practice, as preform which they do ocasionally, locally. Practically all of the stunts done have been copied from photos, and preform-

ances that have been seen of professional teams.

There are several other local balancers with whom the boys can practice. Two olisters, respectively 48 and 42 years young Bill Huber and Jack Moshier, are exceptional at solo work and it serves to keep the younger fellows on their toes. One of Huber's best and pet stunts is rolling a barbell across the floor while maintaining a balance thereon.

GEORGE, ED 4 MISS R. JOHNSON

BARBARA ANN, AL IANNONE -GEO. WILLIS & MISS JOHNSON

AL- GEO - ED.

AL - GEO - ED.







Gymnastics RECREATION



the property of the party of th

This is a report from the coach of the Jersey City Department of Recreation Oymnastic team. Coach Frank Wells who is a member of the Mational A. A. U. Technical Committee feels that the gymnastic program sponsored in Jersey City, under the Department of Recreation, is no doubt one of the best and most extensive programs in the United States today. As a member of this National Committee, Wells has come in contact with many leaders in this sport, and from his observation and from the statements forthcoming from these prominent men, he feels that he is not alone in his high regard for the Jersey City program. To substantiate this fact, Roy E. Moore, Chairman of the National A. A. U. Gymnastic Committee, the top man in the country, has the following to say about the Jersey City gymnastic program, "The Jersey City Department of Recreation is to be complimented on its very comprebensive plan for the development of gymhasts and in my opinion it has one of the finest organizations in the country.

in the brief time of its existence the program, which began with inter-center dual competition in tumbling, has developed into a well rounded gymnastic program with a nationwide reputation.

The activities of the gymnastic program now includes varsity competition with such colleges as Temple University, Panzer College, and the United States

Military Academy at West Point. The City wide team also meets the leading gymnastic clubs in the metropolitan area, and enters full teams in such meets as the Junior, Senior and National A.A.U. I might mention at this time that the varsity team has held the Junior and Senior A. A. U. Team Championship for the past two years, and placed third as a team in the National A.A.U. Championships at Dallas, Texas in 1947.

It is only fitting at this time to mention the outstanding gymnasts who have been developed by the Recreation Department in Jersey City. This parade of champions is led by Andrew Pasinski, Champion of the United States in Tumbling in 1946 and who at the present time is serving with the United States Marines in Hawaii. Then we have Gene Rabbitt, a National Champion on the side horse and presently a member of the crack gymnastic team at Syracuse University. Our next champion is John Caffero, a long horse vaulter who at present is the co-captain of the Jersey City gymnastic team. nally, last but not least, we have Tony Colasurdo, a National Champion in tumbling and a serious contender for the 1952 Olympic Games.

Besides the National Champions the Jersey City Department of Recreation is proud of its many Junior and Senior Metropolitan Champions among whom are

numbered Domenic Parise, Benior Metropolitan rope climbing champion, George
politan rope climbing champion, George
politan rope climbing champion, George
politan Senior Metropolitan club Swinging
champion, Joseph Sebbo and Richard Mcchampion, Joseph Sebbo and Richard Mcchampion, Leon Di Nicola, co-captain of
tumbling, Leon Di Nicola, co-captain of
the team and Peter De Luise Junior Metropolitan champions on the flying rings,
we are also proud of young "Corky" Sebbo
and is one of the most outstanding tumblers in the United States but who must
wait two years until he becomes of age
to enter senior competition, "Corky" is
14 and must be 16 before he may enter
men's A.A.U. championships,

in addition to having a complete competitive program the Jersey City Department of Recreation gymnastic team has given many shows and exhibitions to bring cheer and entertainment to a great many

people. In fact about once sweek these boys are contributing of their time and energy to perform for some charitable or other worth-while cause.

There are six recreation centers available in sev-

DINICOLA
DINICOLA
CO-CAPT.
JERTEY
CITY
DEPT.
OF
RECREATION
GYMNA STIC
TEAM



eral locations throughout the city which offer active programs in gymnastics and tumbling to boys and young men who are interested in this sport.

We sincerely hope that the progress displayed by the Jersey City Department

> of Recreation gymnastic team will continue to grow to even higher attainments, and that from this phase of athletics we will continue to develop better citizens who will make a more constructive contribution to the American way of life.





SMITH "NINSKY" DIVING BOARD





HERE, CHRIS"

DEMONSTRATES A

HALF-GAINOR...

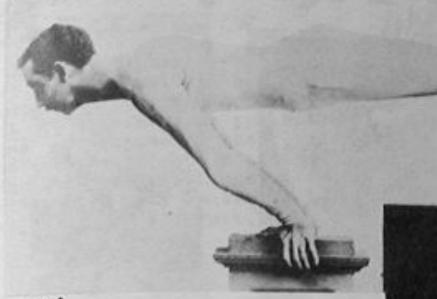
--- AND HERE,
A CORRECT JACKKNIFE.





FLASHBACKS ... 4

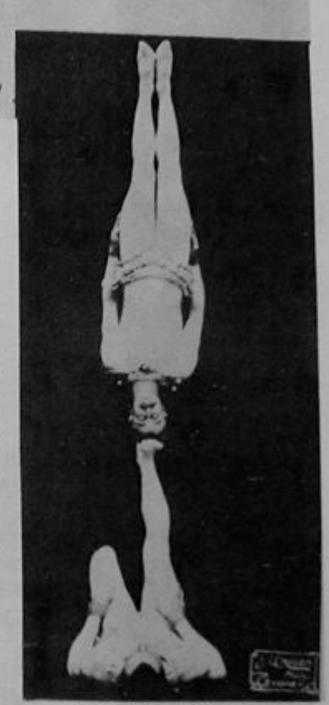




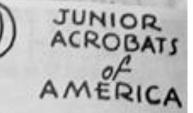
There were GIANTS in those days by Bob Jones

When the boys get together and talk Balancing, whether in the gym or dressing room or on the beach, there is one name which is always mentioned, and with reverence and admiration--Paulinetti. Born Philip Henry Thurber, in this country, he was "in the business" from the age of ten, and within 20 years had gained the rank of THE gymnast of all time. We show his two hands planche, from a photo made in Europe around 1905.

Greatest and-to-hand team of their era, and probably of all time, were Wills and Hassan. Lou Wills, the understander, is still active and operates his own school in New York City.



WILLS & HASSAN







7 months

8 months







Photos above sent to "ACROBAT" from "The Marcos" personnel Photo Album, showing the early start and confidence their son has received in acrobatic balancing.

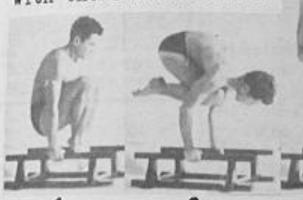
PARALLETTE BALANCING

TUCK PRESS UP

AS DEMONSTRATED BY
William Pell
18 one

O

The tuck or ball press up is one of the simplest and best ways to muscle up to a hand stand whether floor, apparatus or pyramid balancing. Because of the tight position the weight is always over the center of balance giving the most control with the least effort.





.

4.

5.

Fig.I Put all your weight on your hands and bring your knees as tight against your chest as possible.

Fig.2 Keeping the knees tight, bending the arms slightly lean the head and shoulders forward raising the feet.

Fig. 3 Continue raising the feet opening the knees away from the chest.

Fig. 4 Bring the head and shoulder back and extend body.

Fig. 5 Open body all the way hands and shoulders in straight line.











DOU LEONARD

Judo and Jujutsu are composed of two words. Ju mesning "gentle" or "to give way," jutsu "art"or "practice", and do "way" or arincials. Thus Judo means the way of centleness or of first giving may in order ultimately to gain the victory, while may in order ultimately to gain the victory, while Jujutsu means the art and practice of Judo.

While Judo does not itself develop and build muscle, it is an invaluable aid to the sensible use of the body. It is a form of wrestling that combines the cunning of the fox with the lithe grace and agility of the manther. It sharpens the brein and quickens the nerve centers.

Judo gives the man, woman and child, denied by nature a great frame the opportunity to walk without fear, to resist successfully the bullies of their perticular world, and the self-con-fi-

dence which only a "well-armed" athlete can have. By its use, differences in weight, height and reach are oractically wiped out, so that he who knows, may amilingly face superior odds and conquer.

ou Leonard

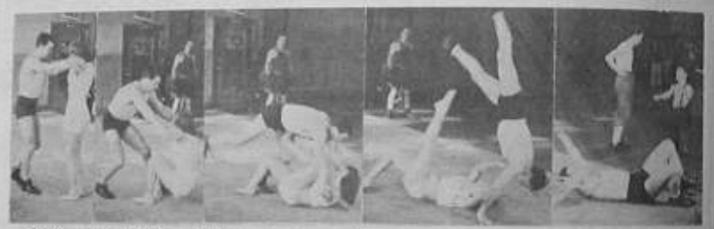
WEARING FAMOUS

BLACK BELT (5th

Degree) HIGHEST

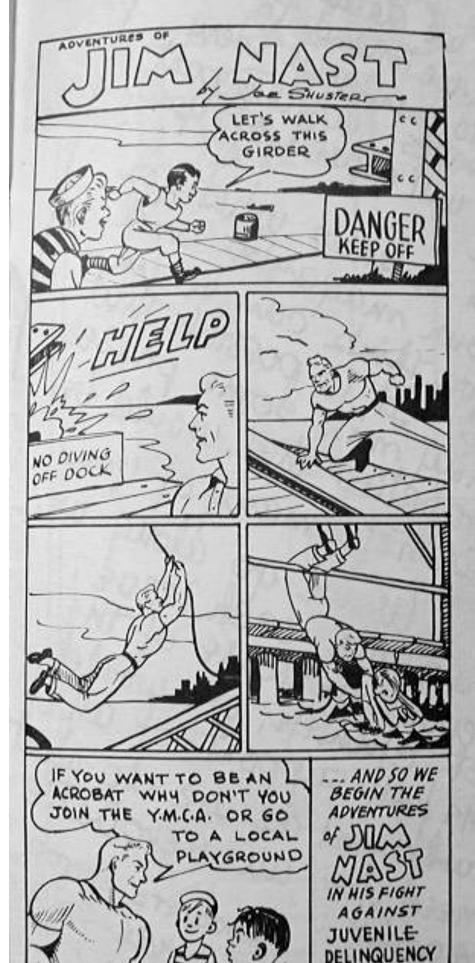
JIU-JITBU AWARD

CIRCLE THROW- DEMONSTRATED BY NINA HARRIS & LOU LEONARD.



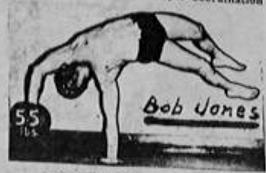
This is a break and throw defense when your onoment rushes you and grabs you around the neck or arms or your clothes.

Put your right over his left-arm and grasp his bicep, then put your left-hand on the back of 'r nack - shove into him with the idea of making him resist by returning your shove. The instant he makes this mistake, grasp him still tighter by his nack and bicep and drop backwards, pulling him down, as your back hits the ground, raise your left leg between his legs and throw him over your head. If you wish to continue your attack, retain your grip on his arm and continue your roll. You will end up on top of your stunned and prostrate foe.



BALANCING DEVELOPS

Strength Muscularity Super-Coordination



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You can learn balancing easily, quickly, completely, and in correct professional form, from these NEW Courses by Prof. Paulinetti and Bob Jones. YOU can profit from all the secrets and short-cuts which these two recognized professional equilibrists have discovered in their 73 years of experience as performers and teachers of balancing, for all of these secrets and training tips are now revealed and described fully. YOU can have the benefit of instructions from the mem who have thought up, developed and perfected the outstanding balancing feats of all time.

time.

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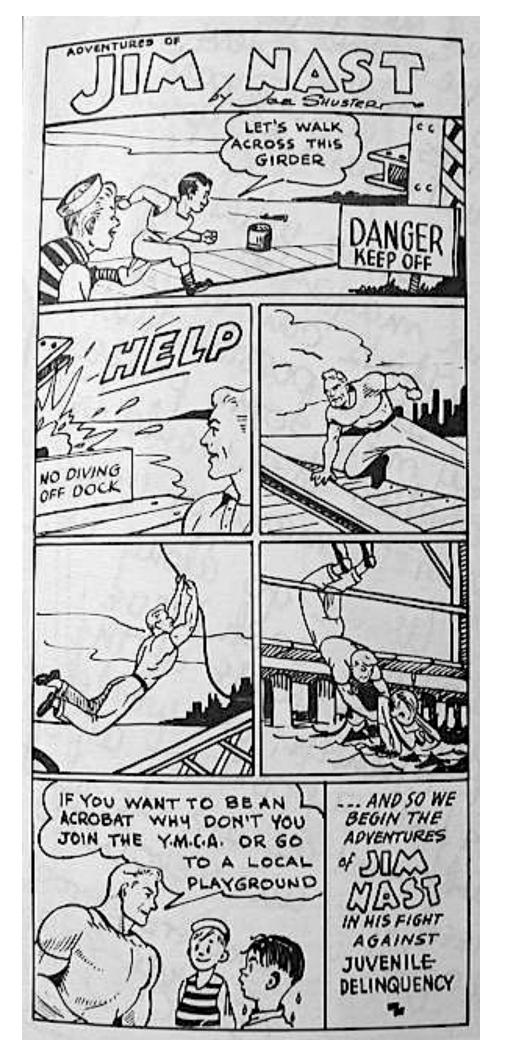
Prof. PAULINETTI-JONES 702 West Venange St. Philadelphia 40, Pa. MANAGEMENT AND A STATE OF THE S

> WHEN IN YORK CITY NEW VISIT

BOTHNERS GYM

42nd st. 250

Balancing Tumbling Weightlifting Boxing Wrestling and Judo



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COMING SOON



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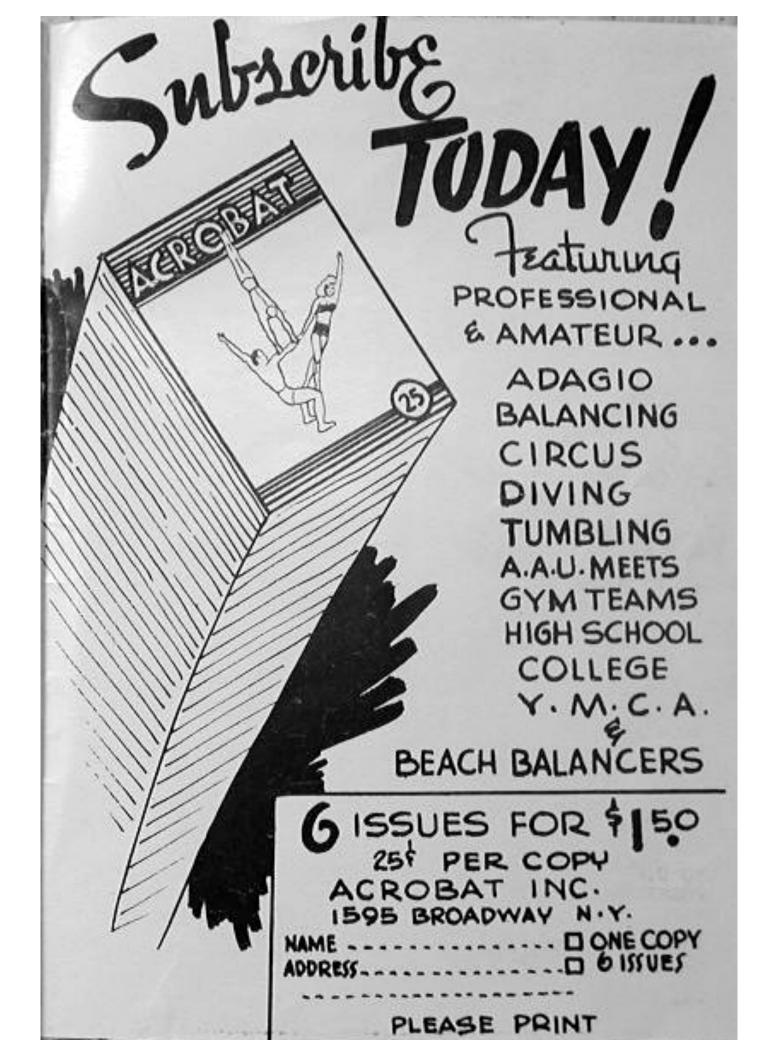
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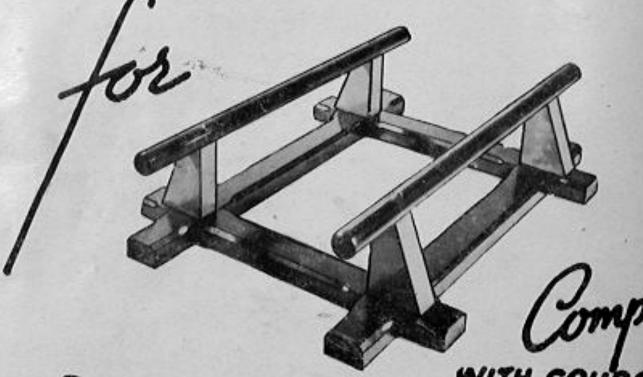
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